



Local bodybuilder an inspiration
An injured ankle in gymnastics forces Kitchener woman to discover new passion.

Feature 8

Monday, October 31, 2005

Conestoga College, Kitchener, Ont.

A learning newsroom for journalism students

Business is booming

School of business receives donation of \$50,000 from Freedom 55 Financial.

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Chillax all about relaxation

Stressed-out students chill out at Student Services workshops.

News 7

37th Year No. 22



(Photo by Janet Morris)

John Tibbits (left), Conestoga College president, and Justin Falconer, CSI president, give the ground the old heave-ho at the Student Centre groundbreaking ceremony last week. The centre is expected to open in early fall 2006.

CSI breaks ground for Student Centre

By JANET MORRIS

With both hands on the spade they dug deep and turned over the ground to mark the start of construction on the new Student Centre.

John Tibbits, president of Conestoga College, and Justin Falconer, president of Conestoga Students Inc. (CSI), each took part in the ceremony, which included speeches and a side-by-side sod-turning last Monday.

Of the more than 70 people in attendance, most were college executives and faculty members, although there were also a handful of students.

Tibbits said he hopes the Student Centre will mean a significant improvement in the quality of service and educational experience for students.

"We'll be able to co-ordinate services in one area, enhance some of the existing services and add new ones like the learning centre." He said Conestoga is going to be educating more people and the college is focusing on bringing people

up to a higher level of ability.

"Our students are going out and they're working in companies that have to compete globally," he said. "We're really into a game of global competition and anyone who has read anything about India or China knows that it's going to be tougher and tougher."

Tibbits added he hoped the change in improved student life doesn't take 20 years.

"I hope within a year you would see a difference, and certainly within five years that students will be talking about this and saying 'I came to Conestoga because they have great faculty and great services for us and I would recommend people come here because it's a great place to work and study.'"

The centre will provide the following students services: counselling, disability services, an adaptive technology lab, health services, a learning centre, peer services, a college test centre, computer stations, CSI administration offices, CSI directors' offices, a lounge and a bistro that includes a bar.

The addition will be built in the B-wing hallway between Door 3 and Door 4 extending behind Room 2A101.

It will become a combination of 16,000 square feet of renovated space and 31,000 square feet of new space.

Falconer said the project was contingent on student support.

"Students will be the primary users and beneficiaries for years to come," he said. "The centre will house the important and necessary services that students expect and enjoy."

Students will pay for most of the construction and the mortgage estimated to total \$6.5 million, while the college will supplement the cost of building, maintaining, operating and all other additional costs.

Students saw a \$60 increase to the CSI capital development fee from \$40 to \$100 to pay for the new student centre.

CSI created Esteem magazine in March 2005 to promote student life and raise awareness for the student centre. The latest edition is available in the Sanctuary.

Job fair a great way for students to network

By KRISTIN GRIFFERTY

The E-wing was a hub of employers who had jobs to offer students on Oct. 19 at the annual job fair.

Conestoga held the event that was attended by 34 employers and more than 100 students.

Tao Cruikshank from career services said what makes this job fair different than the others is that it is geared towards college students.

"They're only here for you guys," said Cruikshank. "This one, in some ways, is kind of special because they want you, and that is why they are here."

Cruikshank explained that the job fair is smaller and less intimidating, which allows for more one-on-one time between the student and the employer.

"The jobs come to you," Cruikshank said. "The employers have more time to sit down and talk to you."

The wide range of booths offered students in many programs employment in many different fields.

Some of the more popular booths were T-D National Bank and the Red Cross.

Many of the employers in attendance offered students the opportunity to fill out an application right on the spot, or even hand in a resume for specific positions.

Conestoga's own human resources student Sheena Decker

was representing her current co-op employer, Frito-Lay Canada, whose booth offered free chips, tons of information and an application on the spot for a position working weekends.

Decker and her co-worker Laura Baker, who both had only been with the company for a little over two months, said they had received a good response from students at the fair and that it was a fun way to reach students and promote their employer.

"It's a great way to network," said Decker about the fair. "You get to meet and make new friends and help bring people into the company."

Baker said she enjoyed meeting students and telling them about her company. "You get discounted chips!" she said.

Another company that was present at the fair was Nemcor Incorporated which designs and manufactures home furnishings, home textiles and infant products.

Conestoga alumni and employee of Nemcor, Ally Bayani, said the students they had met were great, but they were expecting and hoping for more resumes.

"We welcome co-op students," said Bayani. "We are looking for any positions in the area of sales and marketing."

As for the students themselves who were in attendance, many actually were there seeking out a specific employer during the spare

time they had off that day.

Third-year accounting student Lauren Bond was in search of the people at T-D and any other employers related to her field of study.

"We're looking for future employment," said Bond.

She also said she had found some booths that were offering current positions, and that also piqued her interest.

Bond said while she thought the fair was useful, after attending it

for the third year in a row, she had a few suggestions.

"I think maybe (students need) more heads up about what jobs are out there, knowing what they can apply for and what relates to them," said Bond.

While there were booklets available in the career services office as to which employers were going to be in attendance, Cruikshank does wish that they could market the job fair a little better.

"I think we would like to set a continuous date so that you (students) know as you are going along in the years, that it is always at that time," said Cruikshank. "We are hoping to get more faculty on board. They are told so much, and you can send a hundred e-mails, but people don't have the time. So we're going to have to think of more creative ways to get the faculty to know to get the word out there."



(Photo by Kristin Grifferty)

Laura Baker and Conestoga co-op student Sheena Decker run the Frito-Lay Canada booth and hand out free chips to students at the annual Conestoga job fair on Oct. 19.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

What was the worst Halloween costume you have ever worn?



"A black Brad Pitt."
Alex Haurn,
first-year engineering

"A cowboy, like John Wayne."
Kenny Araujo,
second-year general arts and science



"A Care Bear."
Christine Davidson,
first-year OTPTA



"A wizard."
Iwona Grzybek,
first-year LASA



"Hugh Hefner wearing a Speedo."
Jeff Emrich,
third-year financial planning



"Leonardo from the Ninja Turtles."
Brandon Christo,
first-year general arts and science



Smile Conestoga, you could be our next respondent!

Graphic design students create award-winning social issue T-shirts

By PAIGE HILTON

Six third-year graphic design students won a spot to display their T-shirt designs tackling social issues at the Campus Stores Canada Exhibition in Toronto in February.

In all, 26 students participated in the contest, held and judged by Unlearn, a local clothing design company. Ten designs were chosen for the show, with some students winning for more than one design.

Winners were Amanda Czajkowski and Cassie Scowcroft who each won once, and Elyse Delbrocco, Kinga Ferencz, Christina Stentiford and Cathlene Zsiga, all winning for two designs.

The finalists were awarded \$50 each.

Students whose T-shirt designs are purchased by schools at the exhibition will be awarded \$250.

Unlearn also selected three alternate designs. Alternate winners were Nicole Dreher, Robert Freeman and double-winner Stentiford.

Graphic design co-ordinator Matt Miller said many students handed in multiple entries commenting on social issues and the winners hit the nail on the head.

"We have a course in graphic design called professional practices where we work with community organizations like this that (help) the public good."

He said while the program usually works with non-profit groups, Unlearn is still communicating a positive message to the community and provides good ideas for students to work within.

Abhi Ahluwalia, founder of Unlearn, said he was pleased with the outcome of the contest.

"We were impressed with how many of the students went beyond our expectations by submitting more than two designs and in some

cases up to five," he said.

Amanda Czajkowski, who won for her design of a Rubik's cube entirely coloured with different flesh tones, said she thought about multiculturalism and the way society looks at it now when she worked on her design.

"It was neat to design something other people would actually be wearing," she said.

Christina Stentiford, who designed two T-shirts that won and also won an alternate spot, said she liked that she could design something directed at people in her age group.

"I just picked images I thought people would wear," she said.

Ahluwalia said the winning students effectively incorporated concept, design and execution into their designs.

"Identifying an issue and having an idea as to how one plans on provoking thought around that issue is an important beginning. The challenge is taking an idea and effectively communicating it through design," he said. "The winning designers managed to create designs that satisfied all the design criteria while making them 'hip' enough to be worn by college and university students."

Graphic design students at Conestoga may have the opportunity to participate in a contest like this again. Ahluwalia said the challenge of designing something that will create dialogue for people is an excellent task for any design student, and added that the students having an opportunity to present their work gave them some experience and feedback.

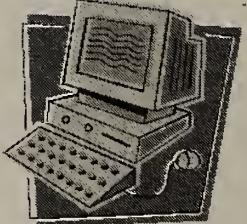
"We were trying to simulate a real-life situation where a designer would need to articulate his or her vision concisely and ultimately sell their work to a client. One of us also helped Matt Miller evaluate

the students' presentation skills. This was our way of giving back," he said.

The winning designs will be displayed at the Campus Stores Canada Exhibition in Toronto in February, locally at Loop Clothing Lounge at 46 King St. N. in Waterloo and online at www.unlearn.com.

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(Photo by Paige Hilton)
Amanda Czajkowski (left) and Christina Stentiford designed T-shirts that will be displayed at the Campus Stores Canada Exhibition in Toronto.

Firefighting students learn from the best

By ERIC MURPHY

Students heard how to better prepare themselves to be future firefighters at an information session at the Conestoga rec centre Oct. 23.

In an effort to limit expenses for future candidates, municipalities and fire departments from Kitchener, Waterloo, Cambridge and Guelph held a Probation Firefighters Information open house for people interested in being firefighters.

A panel, including fire chiefs, human resource officers, firefighters and education professionals, discussed and answered questions concerning recruitment and other components of firefighting.

"The process can be very expensive," said Doug Richard, co-ordinator of Conestoga's pre-service firefighter program. "Joint recruitment is a much better way to do this."

Richard, who is a retired captain training officer with the Waterloo fire department, discussed academic requirements and expectations for high school and college students interested in the program.

"We have a great working relationship with fire departments in the area," said Richard. "Other colleges are very envious of Conestoga because of it."

The program just doesn't emphasize the importance of good academics and fitness but the proper attitude that reflects being a firefighter.

One of the best things about the job is being part of a team said Mathieu.

"The guys are awesome, like a second family," she said.

School of business receives hefty donation

By TODD RELLINGER

What would you do with \$50,000? That's the question Conestoga's school of business has had to answer over the past few months. Freedom 55 Financial, a division of London Life Insurance Company, invested \$50,000 in the financial planning program over the summer.

"We're thrilled with the donation," said Ingrid Town, executive director of development and alumni relations.

"We are announcing it now because a plaque has been put up in a classroom to honour the gift," she said.

Part of the donation, \$45,000, is going into buying teaching and learning resources for the faculty and students, said Town; things like financial planning software, smart boards and laptop computers.

The other \$5,000 will be used to set up a new Freedom 55 financial scholarship for the student who achieves academic excellence in the financial planning program, she said. Each year \$1,000 will be given to a student who is full-time, in their third year of the program, has maintained an 80 per cent overall average and demonstrates excellent participation in class.

Great West Life, the parent company of Freedom 55, has a national giving program. Within it they have a key-to-giving program, which invests in community education, health, wellness, arts and culture, said Town.

The school must make a submission to the key-to-giving program at

fighter said Richard.

"As a pre-service firefighting student you're always doing a job interview and making an impression," he said.

Richard said students have to do well academically but also change their focus away from themselves to their teammates to be successful.

"We have a high percentage of successful graduates," he said. "Those students have learned to carry themselves as professionals and proved to be a valued member of a team."

Cynthia Mathieu, a 2002 graduate from the pre-service firefighter program at Conestoga, talked about how Conestoga helped prepare her to get her job as a firefighter with the Guelph department.

"The program offered a valuable theory-based education," said Mathieu. "But the best part was the job placement, having it is like gold."

Mathieu said the two-month placement gives students the confidence and skills to prepare you for interviews and the stress that accompanies the job.

"It took me four years to get my job with Guelph," she said. "Students have to work hard but also show initiative and drive to be a firefighter."

One of the best things about the job is being part of a team said Mathieu.

"The guys are awesome, like a second family," she said.



(Photo by Eric Murphy)

Firefighter Cynthia Mathieu, second from right, a pre-service firefighter program graduate from Conestoga, proudly stands with her Guelph fire department platoon at the firefighter recruitment day at the rec centre on Oct. 23.

COUNSELLOR'S CORNER: College Alcohol Inventory

The following College Alcohol Inventory was developed at the University of Wisconsin-Eau Claire. It might be interesting for you to complete the inventory and then compare your score with the average scores that were recorded at the University of Wisconsin-Eau Claire.

True <input type="checkbox"/>	False <input type="checkbox"/>	1. I have drunk 5 or more drinks in a row at least once in the last two weeks.
True <input type="checkbox"/>	False <input type="checkbox"/>	2. I have drunk to intoxication at least once in the last two weeks.
True <input type="checkbox"/>	False <input type="checkbox"/>	3. I have drunk alone in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	4. I have drunk alcohol daily (at least 5 days of each week) for the last month.
True <input type="checkbox"/>	False <input type="checkbox"/>	5. I have said or done something under the influence of alcohol I regret during the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	6. I have drunk during the last 3 months so that I could do something that I felt I could not do as easily without alcohol (i.e. talk, relax, be more outgoing).
True <input type="checkbox"/>	False <input type="checkbox"/>	7. I've experienced a blackout (memory loss) while drinking in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	8. I have driven under the influence of alcohol in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	9. I have missed school or work due to the effects of alcohol at least once in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	10. I have experienced withdrawal (shakes, sweats, flushed faced) after stopping drinking in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	11. My drinking has harmed my personal relationships in the last 3 months.
True <input type="checkbox"/>	False <input type="checkbox"/>	12. During the last 3 months, I have often drunk in larger amounts or over a longer period of time than intended.

Score

Add your scores on questions 1-12 (one point for each True answer). This is your severity score. The range is 0-12. 50% of UWEC students average score is 2.4. 84% of UWEC students score 5 or below.

If an answer to any question or your total score concerns you, please consider talking to a counsellor at Student Services.

"If Alcohol is causing you problems you have a problem with alcohol."

A Message from Student Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>

CORRECTION

In the Oct. 24 issue of Spoke, the name of Hillary Greb, CSI's self-serve supervisor, was spelled incorrectly.

Spoke apologizes for the error.

UNICEF sends wrong message to children

The Smurfs, whom many children have come to adore and watch on their television sets at home, are in big trouble this time and it's not Gargamel who's after them.

No, this time the lovable blue creatures are left for dead after their village is bombed by warplanes in UNICEF's new public service announcement (PSA), which is being aired on Belgian television sets.

The Smurfs have been an innocent children's image of fun, love and adventure for many years. However, in this short PSA we see a child's image being used to deliver an adult message and we need to ask ourselves whether this is appropriate.

The 20-second, adult-only clip is so upsetting it can only be aired after 9 p.m. in the hopes that many children will be in bed and won't be terrified by what they see.

The PSA opens with the Smurfs holding hands, dancing and singing around a campfire. Suddenly, out of the beautiful blue sky, bombs begin to plummet from the sky.

Smurfs run for cover, but Smurfette doesn't make it, and is killed. Baby Smurf is left crying at the edge of a bomb crater.

The clip finishes with the message: "Don't let war destroy the children's world."

It is UNICEF's ad campaign to raise money for its program to aid ex-child soldiers in Burundi, Congo and Sudan.

While this image is intended to shock adults and send out the message that war is bad, UNICEF might have considered what message it is sending to the unfortunate child that has broken his or her 8 p.m. bedtime curfew and sees the Smurf village bombed to pieces.

A report by the American Academy of Pediatrics says children can be traumatized by the violent images they see on TV and in movies.

The report also says media violence affects children by increasing aggressiveness and anti-social behaviour, increasing their fear of becoming victims and/or making them less sensitive to violence and to victims of violence.

UNICEF isn't the only company guilty of using a child's image to convey an adult message.

Companies have used child-friendly cartoon images in TV shows or commercials for decades to sell a product, convey a message or to tell a joke.

Willie the KOOL penguin, a spokes-penguin for KOOL cigarettes, which was used for a 31-year period around the Second World War, was featured in magazine ads, television commercials and elsewhere to sell cigarettes.

Let's not forget Joe Camel, who was also a cartoon image used in the tobacco industry, or what about the Budweiser frogs who are forever holding that bottle of Bud?

Companies, corporations, organizations, etc. need to stop using children's images to express adult messages.

UNICEF may have set out to shock adults into helping children by using a child's illustration, but may have unintentionally hurt a child in the process.



Are your children doin' it like rabbits? Try our condoms!

Where should companies draw the line?

Scare yourself silly this Halloween

I have some sad news. We're all way too old for trick-or-treating.

But that isn't to say we can't enjoy Halloween. Although the days of free candy may be behind us, there are still ways to celebrate.

Haunted houses are a rush of adrenaline. Cemetery tours are bone chilling. If you go to a friend's Halloween party you can still score some free chocolate. And there's always the old reliable: a scary movie marathon.

If you're daring, you might even be able to convince your friends Freddy Krueger is lurking in the backyard.

If you venture out to rent movies this Halloween, I suggest leaving the typical "slasher" movies like Scream on the shelves. There's a reason those movies inspired spoofs like Scary Movie: they weren't that scary, the acting was bad and the jokes haphazardly inserted into the script weren't funny.

When I watch a horror movie I want to be genuinely scared. I want to leave all the lights on when I go to bed, barricade the doors and hope I don't have nightmares. Otherwise, what's the point?

There are some newer scary movies worth seeing, too.

Session 9 is the tale of an abandoned insane asylum filled with asbestos. When the clean-up



Paige

Hilton

Opinion

crew finds tapes made during therapy sessions with a patient who had multiple personalities the chilling plot thickens. Because the movie doesn't make everything crystal clear, your imagination runs wild.

There's nothing left to the imagination in Rob Zombie's House of 1000 Corpses. It's the story of a family of psychotics, killers and cannibals.

The unique thing about this movie, and why it's my favourite, is it's more about the family than the victims. The characters are well developed and well portrayed by the actors. The movie isn't laughs all the way through, but the humour that's there doesn't seem contrived.

The movie is not for the squeamish, but if you can get through it with your eyes open you'll appreciate its quality - and scariness.

This Halloween spare yourself from cookie cutter horror movies and jump into the unknown with something truly terrifying. And hopefully Freddy won't be waiting for you.

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Biotechnology comes to college

By TARA RICKER

When Conestoga College sees a demand it makes an effort to respond to it both efficiently and effectively.

Next fall Conestoga College will be introducing another new program to the health and sciences department, biotechnology technician.

"There is a gap in the industry of biotechnology right now and Conestoga College is geographically in a great position to fulfill it," said Gord Furzer, co-ordinator of the biotechnology program at Conestoga College.

The field of biotechnology is growing in this area and it's under serviced as far as employees, said Furzer.

The biotechnology industry is hiring a lot of university graduates and forcing them into positions they are not necessarily trained for.

"The main complaint from employers is that they still have to spend six to eight months training new hires on how to do the job," he said. "Just because those entering

the field have an education doesn't mean they're useful."

The goal of the program is to be very hands-on so graduates will be at a level to be useful from the first day they walk onto the job, said Furzer.

"Because biotechnology is a growing field it is anticipated it will produce many jobs in the near future."

*Gord Furzer,
co-ordinator of biotechnology*

Biotechnology is the use of living organisms, such as bacteria, or parts of living organisms, such as DNA, to improve plants, animals or other products. Biotechnology also creates new products or new ways to solve problems. For example, scientists use biotechnology to combat pollution. If a tanker leaks oil into the ocean, scientists can clean up the spill by using microorganisms that eat oil.

Biotechnology technicians assist scientists in labs that produce existing products or develop and test new ones. Many technicians work with DNA in pharmaceutical, agricultural or medical labs.

Technicians' specific responsibilities vary. They may set up lab equipment, like microscopes and filtration systems, troubleshoot equipment problems, prepare solutions, do simple scientific procedures with cells, collect data from these procedures and record data on a computer.

A few biotechnology lab technicians spend time outside the lab, working in greenhouses or outside with animals, plants or microorganisms.

They also work in academic and industrial scientific labs that do research, development and production. Pharmaceutical, food processing, environmental and plant and animal breeding companies all hire biotechnology laboratory technicians.

"Because biotechnology is a growing field it is anticipated it will produce many jobs in the near

future," said Furzer.

Since many biotech companies have been researching and developing products for the past decade and are now ready to begin producing and selling, most new biotechnology laboratory technician positions will be in manufacturing and quality control.

The program is designed to provide students with the laboratory skills and technical knowledge required for employment as a technician. Training will include practical and technical instruction in biology, biochemistry, microbiology, analytical chemistry, cell culture, molecular biology, computer applications and communication skills relevant to the biotechnology industry.

For more information about the new biotechnology program contact Gord Furzer at 748-5220, ext. 3344 or by e-mail at gfurzer@conestogac.on.ca.

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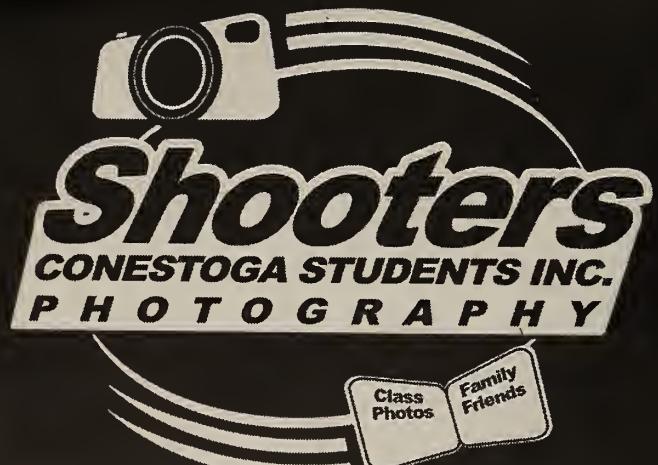
CONESTOGA STUDENT CENTRE "LET THE CONSTRUCTION BEGIN"

On October 24, 2005 the official "Sod Turning Party" for the new Conestoga College Student Centre was held. Conestoga College President John Tibbits and Conestoga Students Inc. President Justin Falconer were on hand to make the first official dig.

CONESTOGA
STUDENTS INC



Conestoga Students Inc. would like to personally thank everyone in attendance for this historical event. Thank you to College staff, faculty, administration and most off all the students of Conestoga College.
THANK YOU FOR YOUR ONGOING SUPPORT!



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Canada 'nice'

By MIKE BORS

Coming to Canada from another country can be hard, especially if you are coming to study and don't know English very well.

Thomas Ren, a third-year business management studies student from Harbin, China, has been living in Canada and attending Conestoga College for three years now, so he knows just how hard it is to adapt to a new culture.

"As a second language student, it's very hard to understand what the teacher is teaching in the class," he said. "So I study very hard to learn all the materials as much as I can."

When Ren won the Administrative Management Society Award (AMSA) last April, he had a lot to be proud of.

"I didn't expect I would get it," he said. "I was totally surprised."

The AMSA is awarded to a student with an academic average of more than 80 per cent. They must also work well in groups, possess strong leadership skills, show a mature and committed attitude and be helpful and courteous to peers. Students must apply for the award and all business management studies faculty look at the applicants and vote for a winner.

Ren received the award at a banquet held this past April.

"It was the first time for me in a suit," he said.

Ren came to Conestoga College through a linking program with Heilong Jiang International Tourism and Business College in Harbin.

He said he is happy to be able to go to college and study business.

"I didn't go to high school so I was never

good with numbers," Ren said explaining why he chose business. "I don't like computers either."

He was born and raised in Harbin, in northern China, where his mother, father and sister all still live.

"It's very cold there, much colder than here," he said.

He said living in Canada was nice and quiet and he thinks of Kitchener as a small town.

"The environment is good and the air is fresh."

In his spare time, he likes reading, mingling and making new friends.

"Learning in Canada is pretty busy for me, so I don't have a lot of time for entertainment," he said. "I've been here for almost three years and I've never been to Niagara Falls."

Helen Bindseil, communications professor at Conestoga, met Ren while she was teaching at his college in China.

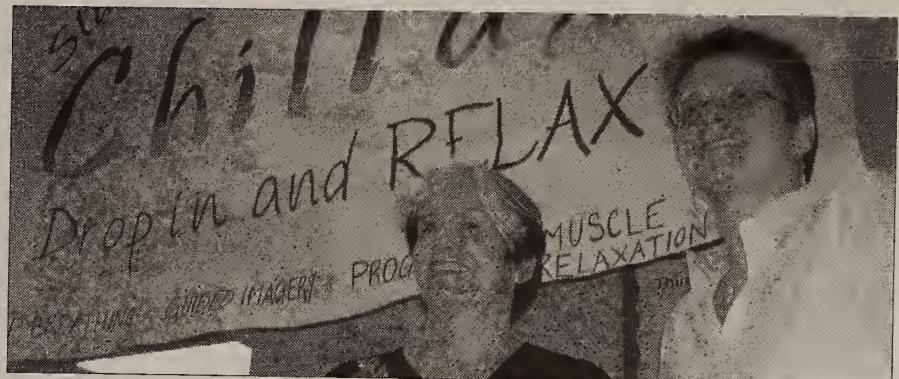
"When we were in China, he was always really willing to help us," she said. "If there was anything he could do for us or explain to us or get us, he was always there to help."

Bindseil said she was glad that Ren got the award because she is sure he worked really hard for it.

"He'd never brag about his accomplishments or give you the impression that he thought he was above any of the other students," she said.

Pauline Shore, co-ordinator of the English language studies program, taught Ren English when he first came to Conestoga.

"The whole class was a big class and he was one that always stood out as determined that he was going to succeed," she said. "He was always a delight to teach."



(Photo by Mike Bors)

Counsellors Joan Magazine (left) and Shawna Bernard look for some students in the hallway who look like they need some "chillaxing."

Students take some time to Chillax

By MIKE BORS

Conestoga College students, faculty and staff were encouraged to chill out Oct. 21, thanks to Chillax workshops held by Student Services in the E-wing.

At the workshops students were shown different techniques to deal with stress and how to relax.

"The reason we do these different techniques is because different techniques work for different people," said Shawna Bernard, a counsellor in Student Services.

One of the stations showed students deep breathing techniques, which emphasize the importance of diaphragm breathing.

Another station had a demonstration of guided imagery relaxation. Students laid down on mats in a darkened room, closing their eyes as the instructor talked about relaxing situations and places.

The final station showed students progressive muscle relaxation, where they released tension by tensing the muscles in the body

and then releasing.

Each technique was demonstrated for about 10 minutes.

"I can see myself using it if I can't fall asleep," said Natalie Smith, a third-year accounting student, of the muscle relaxation technique.

The stations were set up in three different rooms in the E-wing, with tables arranged in the hallway where students could pick up handouts on stress management. A TV played a motivational video called Life is Short - Wear Your Party Pants, with stress management consultant Loretta LaRoche speaking on how to deal with stress.

The event was organized by Jennifer Meksula, Joan Magazine and Bernard, all Conestoga counsellors, and Cindy Cobe, a master of social work student from the University of Waterloo.

"What I like is when everybody first comes in they say they feel very stressed," said Bernard. "Afterwards, everyone just looks so relaxed."

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Feature

Guelph celebrates local artists and culture

By VANESSA PARKER

Guelph has a reputation as a cultural centre, thanks in part to the 2005 Guelph Arts Festival which was held Oct. 15 to 23.

The art show and sale displayed 47 visual artists throughout Guelph's downtown. The festival is a not-for-profit organization that has promoted and celebrated Guelph's artists since 1999.

Many types of mediums were displayed. The public was exposed to not only paintings but to sculpture, jewellery, photography, textile art and digital artworks.

Art was displayed at seven different locations, the largest venue being the Old Quebec Street Centre which held 26 artists.

Guelph painter and flutist, Susan Lapp, said the downtown art show is a great way to get the community to come view local artists' work.

"I enjoy hearing feedback from my community and hearing how people interpret my pieces," said Lapp, adding that the responses to her art varied from each person.

"One person sees a pond with



Guelph artist Susan Lapp stands with her abstract acrylic painting of nature. Lapp says this painting generates different images from everyone who views it.

bulrushes and lily pads and another sees a Celtic fairy tale with nymphs dancing."

Lapp paintings are abstract images resembling nature. The prices of her

paintings range from \$200 to \$4,500 depending on the size and amount of time she put into the piece.

Lapp said she is grateful she can make a living from her art. Her

work is currently on display at The Other Brother's Restaurant at 37 Yarmouth St., Guelph.

Another artist at Quebec Street was contemporary jewellery

designer Erin-Blythe Reddie. Reddie was extremely satisfied with this year's festival.

"I have met much of the community this weekend and gotten to share my passion for gemstones and jewellery."

Reddie's pieces can take up to four hours to assemble and the time it takes to design the piece is incalculable. "Sometimes making the stones fit together is impossible and sometimes they'll come together magically."

Her pieces include earrings, necklaces and bracelets, all hand-crafted from Canadian materials.

Reddie's artist's statement is that when designing each piece she creates jewellery that presents the uniqueness of gemstones, while bringing both pleasure and an appreciation of Mother Nature's beauty to those who wear them.

Her work can now be viewed at the Macdonald Stewart Art Centre in Guelph.

To view work from artists featured in the festival go to www.guelphartsfestival.com or www.art-in-guelph.com.

Local bodybuilder takes girl power across Canada

By CHANTELL TIMPERLEY

A local female bodybuilder is proving to be a shining example to people everywhere, showing strength and determination.

Janeen Lankowski is a 31-year-old bodybuilder from Kitchener who recently placed second in all of Canada at the 2005 Canadian Women's Bodybuilding Nationals for women's middleweight bodybuilding, and first place overall for posing.

Lankowski has a long history of fitness, which stretches back further than her 14 years of training at Popeye's Gym.

She began gymnastics at the age of two and continued with it up until she was 20 years old. Lankowski has won many first place titles, travelled all over Ontario and attended training camps.

While in her early teens, she began teaching herself to lift weights in her school's football room, where she entered a bench press contest and won. She used that as a way to keep up her strength in her off seasons from gymnastics and it jumpstarted her lifestyle of bodybuilding.

She would have made it to the gymnastic tryouts for the 1988 Seoul Olympics, but injured her ankle while in the middle of a full twisting layout. She landed half on the mat and half on the floor.

Lankowski was unable to watch gymnastics for years, but it paved the way for her first career transition.

"I missed my window," said Lankowski. "I still taught and it was my passion, but I knew that my time was done and I had to move on."

Her background in weight training and her time spent in fitness studies at Ryerson University gave her something to move forward with. Since she was not able to perform, she spent nearly 11 years teaching gymnastics before retiring.

Lankowski then pursued a career in fitness until she was in a car accident in 1999, two weeks before her first fitness show. She sustained internal injuries, as well as damage

to her right shoulder and left hip. She was also left with a broken scaphoid, whiplash and sling jaw.

"I had about a year of recovery, so I couldn't hit the gym really hard," she said. "Boom, that dream was done."

After her second path in life had been altered, she continued to attend physiotherapy four days a week and lift weights, eventually becoming stronger.

Lankowski's sister, Julie Steckel, said Lankowski's pastime became more than just a hobby after that.

"The bodybuilding is what saved her life," she said. "They figure she would have had more serious injuries had she not been (in such good physical condition)."

Steckel has attended every one of Lankowski's shows, and said she is proud of her sister's accomplishments. "I love to go and see her," she said. "The transformation from this to the preparation for the show is amazing."

Steckel is not sure how her sister is able to stay so dedicated, but admires her for her enthusiasm for the sport. "Every day she's at the gym, no matter if she's sick or not, for hours on end."

Lankowski is sponsored by Allmax Nutrition, which allows her to compete in all the shows. She won Miss Ontario and first place all-around last year at London Centennial Hall, and was allowed to take a year off.

Lankowski prepares for shows by being on a strict diet for four months, tanning, going for massages, meditating and getting rest at any opportunity.

She listens to soothing music and burns incense and candles to stay grounded and focused on the goal.

"Being a bodybuilder, you can't get yourself ready for a show because you're so picky," she said. "You see things that other people don't see, so then you're more critical of yourself."

She said bodybuilding is a very emotional sport with many ups and downs, with unexpected fits of frustration.

"Near the end it gets emotional and I'm like a little time bomb," Lankowski said. "Little things set you off, but it's because you're thinking of one thing and you want to get six other things done in that day and you don't have the time."

Steckel said her sister's extensive background in fitness acts as a crutch in the competitions, and that gives her better stage poise.

"They're sort of humbling on stage," said Steckel. "It's like watching a good play. She can really work the stage well, and it's just great to see."

Both Lankowski and Steckel agree that the biggest problem with the sport is that there is not enough recognition or understanding.

"The minute (people) hear female bodybuilding, they figure they've gone over that line where they're no longer looking female," said Steckel. "It's not about that. There are a lot of people out there, especially when you get to the levels that Janine is getting to, that flip to the male side, and that's nothing she's wanting."

Lankowski said there is a line that many female bodybuilders cross, from feminine to masculine.

"I want to be that old school bodybuilder that is now back in the 20th century," said Lankowski. "That this is what bodybuilding should be. Now they're going that way with men too, and I want to be that image that changes the way people think about the sport."

Lankowski said women who have crossed the line are using steroids controlled by insulin, which can be harmful to their bodies.

"Once you go that far, what happens is your insides grow because a growth hormone will make your intestines grow," she said. "Once it's grown, it won't ever shrink, no matter how hard you diet."

Lankowski said she believes the line being crossed by many women in the sport is what older generations think of when they hear of women bodybuilders.

She tries to avoid people who are negative toward what she does, and

accepts that everyone has opinions.

"Every sport's got some kind of negativity, like baseball with their steroid use, and hockey," she said. "Just because one person's negative or another person's negative, it isn't going to make me stop what I love doing."

Lankowski said she has had dating issues because men either do not like that she is muscular, or they do not understand that her gym comes first. However, she does not let it bother her anymore.

"I'm aggressive in the gym, but that's just the gym," she said. "It's all about me, and whoever comes along can come along, but right now what I want is to be a successful bodybuilder."

Lankowski wants people who are thinking of getting into the sport to know they should train for a good year and see where their bodies and heads are at. Some people may like it, and some may not, but Lankowski said it is worth a shot.

Steckel thinks more knowledge about the dedication needed would be helpful.

She would like to see more gratitude



Janeen Lankowski can currently do reps of 50 pounds for bicep curls, and has set a goal to reach 55 pounds.

(Photo by Chantelle Timperley)

HALLOWEEN'S HAUNTED HISTORY

By TIFFANY MCCORMICK

It was a dark October night, the moon was almost yellow. A crackling voice could be heard whispering through the trees. The house was cold and dusty, and in the corner a white, sheet-like figure began to move.

It's that time of year again, when children of all ages dress up in creative costumes and trick-or-treat around the neighbourhood. The idea of Halloween has been a ritual since the BC era, but how have the customs society has adopted come to be?

The word Halloween originated from the Catholic Church. It is a corruption of All Saints Day, the Catholic day of honouring saints.

The custom of Halloween was brought to America in the 1840s by Irish immigrants fleeing their country's potato famine.

There are many stories about Halloween. One says that on the Celtic new year the disembodied spirits of those who died the past year would return in search of living bodies to possess for the next year.

The living did not want to be possessed so to protect themselves they would make their homes seem cold and undesirable. They dressed up in ghoulish costumes and paraded noisily throughout the streets being destructive to frighten away the spirits.

The Romans eventually began adopting Celtic practices as their own. One practice was to hold a day to honour the Roman goddess of fruit and trees, Pomona. Her symbol

is the apple which might explain why bobbing for apples has become a modern tradition.

Trick-or-treating originated with the 9th century European custom called souling. On All Souls Day Christians would travel through villages begging for soul cakes, square pieces of bread with currants. The more soul cakes received the more prayers they would promise to say for their dead relatives.

It was believed the dead remained in limbo for a long time after death and the more prayers said for them would speed up their passage into heaven.

Did you know jack-o'-lanterns used to be made out of turnips?

The tradition of the jack-o'-lantern is believed to come from an Irish folklore.

The tale is told that a man named Jack tricked Satan into climbing a tree and then trapped him up it by carving a cross in the trunk. Jack made the devil promise to never tempt him if he let him down.

The tale says when Jack died he was denied access into heaven because of his bad deeds and was denied access into hell for tricking the devil. The devil gave him a single ember to light his way through the darkness which was placed in a hollowed out turnip to keep it glowing longer.

The Irish used a turnip originally, but when immigrants came to America, they discovered pumpkins were more plentiful. American jack-o'-lanterns were then made from hollowed out pumpkins with embers



(Photo by Tiffany McCormick)

Halloween's scary monsters give students like Vic Her (left) and Jane Coronado, first-year management studies students, quite a fright.

lit inside.

Daniela Huber, a first-year broadcasting student, said she thinks Halloween is a fun time.

"It gives kids a chance to be creative," she said.

Maita Taruringa, a third-year management studies student, said she at first thought Halloween was weird. She moved to Canada from Africa to study at Conestoga. This year will be her first year celebrating Halloween.

"I'm excited," she said. "College kids are still into the Halloween spirit."

Preschoolers, ages 2½ to four years, from the college's on-campus day care, said they like Halloween because they can dress up and get candy. Some are going to dress up as a pumpkin and a princess.

Many of the children think ghosts and monsters are scary while Jack Kuhnke said he "likes the skeletons."

Although cults have adopted Halloween as their favourite holiday, the tradition itself did not evolve from evil practices. Instead, it began through Celtic rituals and European prayer rituals.

The day itself is only as evil as one cares to make it.

Some spooky sites to visit for more information on Halloween are www.halloween.com, www.wilstar.com/holidays/halloween.htm



(Photo by Lee Evans)

Spooky spot for trick-or-treaters

This house on Strasburg Road has a plethora of pumpkins and skeletons. It doesn't look too scary on a sunny afternoon, but on Halloween night, neighbourhood tricksters will be delighted with the homeowner's efforts to get in the spirit.



(Photo by Steph Baulk)

Strike a pose

Matt Muranko (left) and Joel Hentges, graphic design students, strike a pose in the B-wing of the college. Both students donned masks for fun last week to get different reactions from students.

Conestoga teams up with GRCA

By MEGHAN KRELLER

The chief administrative officer of the Grand River Conservation Authority (GRCA) said he is excited about working together with Conestoga College.

"I think there'll be a real commitment to make things happen on both organizations' parts," said Paul Emerson.

At the end of August, a letter of understanding was signed by Conestoga's president John Tibbits and Peter Krause, chair of the GRCA, that will allow both organizations to work together on a number of different projects.

This five-year agreement identifies that the two organizations share the desire to conserve and improve the condition of the Grand River watershed through research

and education.

However, this will not only benefit the environment.

"There's definite potential for both organizations and, more importantly, the students to benefit from this agreement," said Emerson.

The GRCA will benefit from tapping into the expertise that exists within Conestoga, while the students will be able to expand their knowledge by working hands-on with the GRCA staff, he explained.

Jal Wadia, director of strategic projects for Conestoga, agreed that this letter is mutually beneficial to both parties.

"Students will have access to the site and information for research purposes while the GRCA gains human resources," he said.

Wadia also said the college's fac-

ulty, students and structure will allow for good teamwork between the two new partners.

"The GRCA has the area and we have the knowledge," he said.

The college's environmental engineering applications program will be the initial beneficiary of this agreement but the hope is for more programs to benefit in the long run. To help in this process, the GRCA has provided a staff member to sit on Conestoga's curriculum advisory committee.

"It will certainly help us to see some courses develop a more hands-on approach," said Emerson.

The GRCA has also signed similar agreements with the University of Guelph and the University of Waterloo and hopes to work together with all three institutes in the near future.



(Photo by Meghan Kreller)

The GRCA manages water and other natural resources for 38 municipalities and almost one million residents.

Public relations and advertising programs work together

By DENISE MULLER

Second-year advertising students and first-year public relations students are working together to come up with posters and flyers for three clients within the school, and one outside.

Students are working on posters and flyers for the recreation centre, learning resource centre and V.I.P day at the college, and are creating a communication package for the "don't toke and drive" program for local police, said Joe Romer, advertising faculty.

"It's the perfect opportunity for my, quote, visual people to work with the PR, quote, copy people," Romer said. "And we'll make teams like an ad agency environment."

Students were split into groups, about 14 in total, and each group was given one of the four projects to work on.

Paula Hensbee, PR faculty, said one of the goals with this project is for the students to understand what it's like to work in a creative team.

"We're trying to get students to understand the creative process, the give and take between a writer and a designer and how they come up with those creative ideas," Hensbee said.

Hensbee said what students found working in the groups is that it doesn't always work in the stereotypical way.

"I think one of the big 'aha' moments for my students has been how often the designer comes up with a headline and the writer comes up with the idea for the

visual," she said.

"You come in with a hat and then you change the hat and the idea is to come up with the best idea regardless," Romer said.

Hensbee said it will also benefit the students' portfolios.

"When you have a piece in your portfolio that is professionally designed, it is much more compelling to go out to employers and show your portfolio," she said.

Hensbee said it's been hard to find time between the two classes, because of timetabling and other daily obstacles.

"Trying to work with two different programs with two different timetables ... you're dealing with students who, when you are not in class, they might be in class," she said.

But, she said, this is no different than what students would face in the real world.

"The reality is, you're dealing with people in meetings all day, people travelling and running from place to place."

Faculty will pick the best ideas and present them to the four clients.

At that point, the clients can take the final projects and have them printed if they so choose.

"That's enticing to students," Hensbee said. "To be doing something real, rather than giving them a fictional situation."

"The bottom line is, it gives them real life experience," Romer said. "Everything we do, we try to make it as close to real job life as possible."

Peer Supported Learning Groups Fall 2005 Schedule Update As of October 21, 2005

Please note the following changes in the learning group schedule:

- MET Math** is now meeting on Tuesdays at 11:30 in room 2A507,
- PN A&P** is now meeting on Tuesdays at 3:30 in room 2E29,
- GAS Biology**: the Thursday session has been permanently cancelled. Please access either the Monday or Friday meetings.

Course	Leader	Day/ time	Room
MET Math 1	James	Tuesdays @ 11:30-12:30 As of October 18, the room and time have changed.	2A507
CIVIL Math 1 & Statics	Karsten	Tuesdays @ 4:30-5:30	2A621
P NURSING A&P 1	Jie	Tuesdays @ 3:30-4:30 As of October 25, the time has changed.	2E29
BScN A&P 1	Angus, Leanne, Nabil	Mondays @ 12:30-1:30 Mondays @ 3:30-4:30	2E27
GAS Chemistry	Elena	Mondays @ 1:30-2:30	2A619
GAS Biology	Becky, Shannon	Mondays @ 2:30-3:30 Fridays @ 12:30-1:30 As of October 20, Thursday's session has been cancelled. Please access either Monday or Friday's sessions.	3A405 2A619
EET & CET Physics	Damaris	Thursdays @ 4:30-5:30	2A619

Learning Groups start the week of October 3 and meet each week until the week of December 12 (based upon attendance). For more information on PLGs, please contact Student Services 2B04 or Peer Services 2B07.

WHEN DATING TURNS DANGEROUS

Stalking

Stalking is a crime that happens on college campuses more often than in the general population. Stalking is not a single event but a pattern of actions that makes the person being targeted feel frightened and controlled. Over time, these actions may become more aggressive and dangerous — sometimes even life threatening.

Actions that constitute stalking may include:

- * Repeated telephone calls, letters, or emails
- * Sending unwanted gifts (e.g. flowers)
- * Showing up uninvited at places the target frequents (i.e. home, work, entertainment)
- * Stealing mail
- * Following, watching, tracking
- * Threatening harm to the person being stalked, family or friends
- * Threatening or harming pets

Do not minimize or ignore this behaviour. Report threats to Campus Security (Doon campus Room 2B10 ext. 3357) and/or the Police. You may need support in dealing with the stress of being stalked. Counsellors are available in the Student Services Office, Doon Campus, Room 2B04, Guelph Campus, Admin. Office, or Waterloo Campus, Room A3. Drop in to make an appointment, or call 748 5220 ext. 3360 for Doon Campus, 824 9390 ext. 148 for Guelph Campus, or 885 0300 ext. 224 for Waterloo Campus. Information on community support is available through your Student Services Office.

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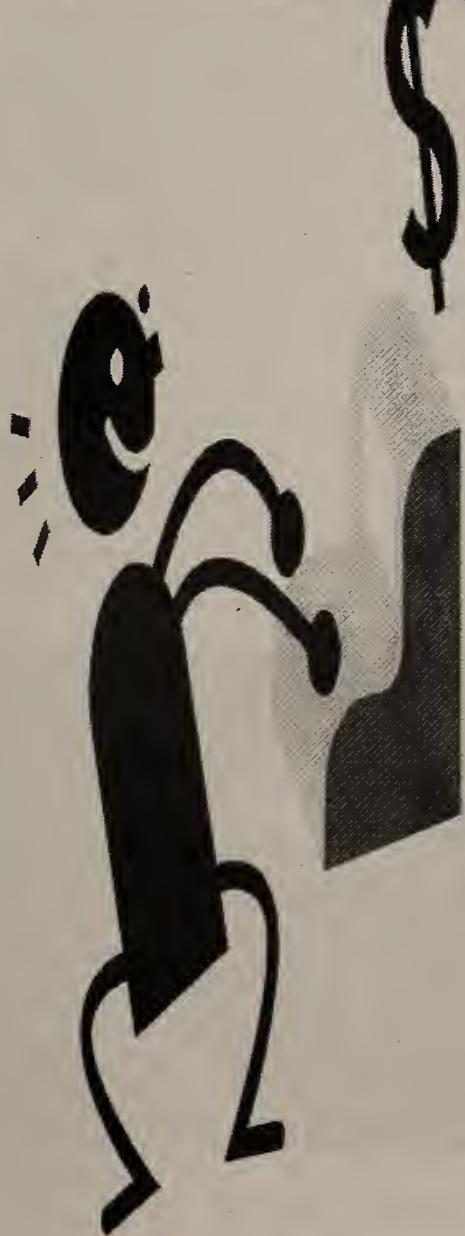
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Conestoga student shoots for a team

By BRENT GERHART

Ready, aim, fire! This is what Matt Lyle hopes to do for Conestoga College.

The second-year machine, tool and integrator student is assembling Conestoga's first-ever paintball team.

Lyle wants Conestoga to enter a league which was created by his brother, Rich.

Currently, the league only consists of five Ontario university teams including Queen's, Brock, Guelph, Laurier and Western universities. However, Lyle said Conestoga could be the sixth entry, and first college team to enter the league.

Adding another team would give the league a more prosperous future.

"We're (hoping) for a full-blown league to start in January of 2006," he said.

Lyle also hopes teams from Ontario colleges and universities will soon be able to compete against U.S. colleges.

"It would be nice," he said. "Paintball is pretty big. It's definitely not small."

Lyle, who has two years of tournament paintball experience, said competitiveness runs in his family.

"My dad has been playing (paintball) since he was young," he said.

"and my brother has been playing for six or seven years."

He said he believes paintball is a game anyone can play, but it still takes a lot of athletic ability.

"It's really physical and takes a lot of cardio strength," said Lyle. "There's a lot of squatting. I've seen people from the ages of eight to 50 years old that can play."

After being hit a few times, Lyle said nothing but his pride was hurt.

"It feels like someone slapping you," he said. "The more you play the more you get used to it."

Although it is a physical game, there are more injuries from golf, tennis or walking than paintball.

Lyle is currently pursuing a sponsorship that will keep the cost of the team low. Players would only need to pay for a jersey (\$30) and provide their own equipment, including a gun (\$80 to \$1,200) and mask (\$20 to \$75).

The games will be played under World Paintball League (WPL) rules, including "Rage in the Cage" format (three-on-three capture the flag), with 15 bunkers on the 80-by-50-foot field. Scoring comprises of 10 points for shooting someone out, 10 points for every remaining person, 25 points for pulling the flag off the pole and another 25 to hang it on your own end of the field. Such paintball action can be seen on the television network, WGN.

Lyle said playing with three teammates on an 80-by-50-foot field requires a lot more communication than a much larger field.

"The games have to be quicker and certain moves to push harder up field, from the left, centre and right positions, must be planned," he said. "Run fast and shoot a lot of paint."

While he may go through about 1,200 balls a game when not playing by WPL rules, Lyle said he only shoots about 500 to 600 when playing on a team of three.

As is the case with sports, paintball has its highs and lows. Lyle said he has experienced both.

"Losing a finals game of a tournament would be the worst," he said. "We finished second in a Flag Swipe tournament in London because we were honest with our score. They gave us 10 extra points (which we shouldn't have had) and we were five points away from finishing first."

Lyle said his best experiences involve playing against the best in the world with his Cambridge team who rank No. 1 in Ontario.

"Going to the World Cup in Orlando, Fla. is the best," he said. "Competition in the U.S. is a lot better. More kids play tournament ball and start a lot younger."

Much like rugby and soccer, each college or university would have their home field.



(Internet photo)

Rich Lyle, founder of a new paintball league, takes aim at an opponent during a CXBL tournament in Windsor. The Brock University student hopes to have more teams join the league, including Conestoga, by January 2006.

Lyle said he believes Conestoga's home games will be held at Flag Raiders in Cambridge. However, during winter months games may take place in cities with indoor arenas, such as Toronto and London.

Lyle said he needs five or six people to make up a team, and tryouts will be held if more express interest.

Students interested in joining the team are asked to contact Matt Lyle at 1-519-241-5833.

New Cambridge shop a place for gamers to go

By JASON SONSER

If you play computer games and are looking for a place where you can play with others, then the Frag Shop is the place for you.

Located on 295 Jamieson Parkway in Cambridge, the Frag Shop has 10 computers for gamers to play on.

There are a variety of games to play, including the popular multi-player online role-playing game, World of Warcraft.

Other titles include Guild Wars, Counterstrike, Battlefield 2, Half Life 2, Doom 3 and Empire Earth 2.

Emile Beaulieu, 31, owner of the Frag Shop, said out of the approximately 15 games he has loaded on the computers, Battlefield 2 and World of Warcraft are the most popular.

Beaulieu said he opened the Frag Shop because his friend, who he played computer games with, moved to Toronto and he missed playing with him. He wanted a place where he could go to and play computer games with other people.

"It just kind of went from there. I would be willing to pay if I had somewhere to go, (and I realized) maybe a lot of people might be willing to pay to have a spot to go," he said.

Beaulieu said when he first started to do his research, he thought the idea of a computer gaming centre was new.

"It turns out it's a lot more popular in the United States than it's up here. There are some up here, they're just not nearly as popular," he said.

The Frag Shop is open 4 p.m. to 10 p.m. Tuesday to Thursday, Friday from 4 p.m. to midnight, noon till midnight on Saturday and

from 3 to 10 p.m. on Sunday. The centre is closed on Mondays.

There are annual memberships available for \$40 but people do not need to be a member to play on the computers.

It costs \$6 per hour Tuesday to Thursday and \$7 an hour Friday through Saturday for non-members to play. For those with memberships, it's a dollar less per hour.

"It turns out it's a lot more popular in the United States than it's up here ... they're just not nearly as popular."

*Emile Beaulieu,
owner of the Frag Shop*

Another advantage to having a membership is people can just walk in, sit down and play on the computers, paying the tab on the way out. Those without memberships have to pay before playing.

There are also 10-hour and 30-hour packages available, for both members and non-members.

Ten-hour packages for members are \$40 and \$50 for non-members, while 30-hour packages can be bought at \$100 for members and \$120 for those without memberships.

Everyone gets their first hour free, allowing them to visit the Frag Shop and experience what the gaming centre has to offer before making any commitments.

Beaulieu said he gets a lot of people saying it's fantastic to have a place where they can play comput-

er games with others in the same room.

"Most of the guys that come here have computers at home and have the games installed at home as well. The draw of a place like this is you get to play with people," he said.

Beaulieu said this is his first business venture of this kind.

"For a long time, since I was a teenager, I've always wanted to have a business. I had some small things, catalogue sales and so on, but this, by far, is the biggest thing I've ever done."

He said there have been a lot of eye-openers as the owner of the Frag Shop.

"No matter how much research you do, you don't know what's going to be involved in starting a business until you go through it," he said. "There are lots of unexpected things that come up. I just wasn't prepared, even though I

tried to be. It was a lot of work to get it started."

Beaulieu said business has been up and down since the doors opened on April 2, 2005.

"We've had a few really good months and a couple quiet months. We had a good summer. The spot ended up being great. There's a very big gaming group from Jacob Hespeler (secondary school)," he said.

Some advice Beaulieu would give anyone considering starting their own business is that one cannot do enough research.

"Myself, I researched for 10 months everyday online. I ended up joining a group called iGames. It's an organization of game centre operators, just like me, from all over the world who have a vast research tool online, where you get to speak directly with hundreds of other game centre opera-

tors," he said.

Beaulieu said one also has to start a business in something they enjoy.

"If you just start a business in something that you think might make money, something along those lines, without the passion in it, you're not going to enjoy it and should question your ability to succeed," he said.

One of the things Beaulieu was concerned about was having a business that dealt with mostly kids.

"You get all kinds of people, but sometimes you can get troublemakers. It's been fantastic, I've had no troublemakers or fights," he said.

Beaulieu also has a day job at Image Craft, where he is a fourth-year millwright apprentice.

A millwright is an industrial mechanic.



(Photo by Jason Sonser)

Entertainment



HOROSCOPE

Week of October 31, 2005



Aries

March 21 - April 19



Winter is coming, Aries, and that means it's time to pull out your warm clothes. Don't go overboard. Wearing a snowsuit to school is never fashionable. Lucky day: 4



Taurus

April 20 - May 20

Nobody likes a braggart, Taurus, so try to take it easy on your friends and family, even if you're right. It's time to be humble. Isn't it enough to know you're right? Lucky day: 2



Gemini

May 21 - June 21

It's time to shift down a gear, Gemini, as mid-terms just ended and your stress level should get back to a minimum. Spend a few minutes savouring a hot chocolate. Lucky day: 5



Cancer

June 22 - July 22

Go out and shake your money-maker, Cancer, especially near the end of the week. It feels good to let loose, the end of the semester will be here before you know it. Lucky day: 31



Leo

July 23 - August 22

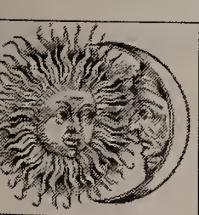
Try to stay level-headed this week, especially when times get tough and frustration starts to sink in. Learn to take your frustration out in a more productive way, like talking it out instead of yelling. Lucky day: 6



Virgo

August 23 - September 22

Let someone into your world, Virgo, so they can help you get over whatever it is that's troubling you. It's OK to ask for help. The longer you wait the deeper the problem will get. Lucky day: 2



Brandon Walker is a second-year journalism student holding fate in the palm of his hand.

HOROSCOPE

Week of October 31, 2005



Aries

March 21 - April 19



Libra

September 23 - October 22



Don't be so hard on yourself, Libra, nobody's perfect. It's time to lighten up a little. Learn to have a little more fun, get a hobby or maybe even sing in the shower. Lucky day: 4

Taurus

April 20 - May 20



Scorpio

October 23 - November 21



You've come a long way, Scorpio, and there are people that have helped you that deserve thanks. Call them and give thanks, then look for someone you can help. Lucky day: 5

Gemini

May 21 - June 21



Sagittarius

November 22 - December 21



Be careful what you wish for. Although school might be stressing you out right now, it's better than working some entry-level job you hate. At least you've got a path. Lucky day: 31

Cancer

June 22 - July 22



Capricorn

December 22 - January 19



There is an aspect to your relationship that you aren't happy with. Try to determine what the problem is and what can be done to fix it. Then, communicate it to your partner. Lucky day: 6



Aquarius

January 20 - February 18



It's time to let loose you wild and wacky Aquarius. Go line or Latin dancing this week, even if you've never done either of them. You'll not only have a great time but you might just meet that special someone. Lucky day: 4



Pisces

February 19 - March 20



Before you get out of bed take a few minutes to plan how you want your day to go. Visualize what you want to get done and how you will react to certain situations. Imagine yourself more patient. Lucky day: 5

Stay is a movie not for the simple-minded

By KRISTIN GRIFFERTY

There are those who go to the movies and look for special effects, intricate angles and different lighting.

Then there are those who go to the movies and just hope to understand the plot.

In the new movie, *Stay*, director Mark Forester uses an array of artful film techniques to take the viewer on a journey that one can't help but wonder when it is going to be over.

The film starts with Henry Lethem (Ryan Gosling) sitting outside a burning car, weeping uncontrollably.

From there, the film jumps to Dr. Sam Foster (Ewan McGregor) and his live-in girlfriend Lila (Naomi Watts).

Not only does the actual plot of the movie begin there, but so does the confusion.

We learn that Henry plans to kill himself on Saturday at midnight and Sam is there to try and stop him.

Canadian-born actor Gosling, (*The Notebook* and television's short-lived *Breaker High*) does a good job of playing tortured, dramatic Henry.

But that's about all he does.

Scottish-import McGregor (*Trainspotting*, *Moulin Rouge*) spends the entire flick balancing between his own life and Henry's, trying to decide which one makes the most sense, while wearing pants that don't quite reach his ankles.

Now as a movie-goer, some might give the movie hope, as director Forester intelligently weaves each scene between reality and hallucination.

The editing, special effects and character development will keep you intrigued, but only for a short while.

The film has too many questions that never seem to be answered.

The many sets of twins and triplets in the background that litter the streets, the little boy who keeps running into Henry, asking if he is going to die, and the jump between past, present and future would confuse even Ebert and Roper.

Forester (*Finding Neverland*, *Monster's Ball*) and screenwriter David Benioff seem to have produced a film with so many hidden illusions and hints that when it came down to editing the film, even they were confused as to how to piece it together.

The all-star ensemble tries to keep the film rolling, but it rolls right along to the end of the film, and doesn't seem to have any sign of stopping.

Watts, (*21 grams*, *The Ring*) plays the role of the suicidal, wrist-slasher-turned art professor artfully, but is overshadowed by Gosling's tears and McGregor's short pants.

Now, don't rule out *Stay* entirely.

However, there are a few things that as a movie-goer one should factor in before spending the \$12 on admission.

1) Be prepared to not blink, take bathroom breaks or talk to your neighbour; your full attention is required at all times.

2) Go in with an open mind. The film takes you on a ride in which it's hard to define between what is reality and what is hallucination.

3) Gosling and McGregor, who usually play heartthrobs, play deep characters who are less than desirable in this film. Once again, refer back to McGregor's oddly cropped pants.

4) Be prepared to spend more than \$12 on a ticket. You may end up spending more because you will need to go a second, a third or even a fourth time, before you can fully understand the film. And when you do?

Let me know.



(Photo by Brandon Walker)

Notice the Home Depot logo at the bottom of the "B". Subliminal message or a sign of cutbacks at the store?

One of life's little mysteries

By BRANDON WALKER

A sign told me to write this story. Not a sign from God or even a higher power but an outdoor sign for the retail store the Bay at Fairview Mall. The one that faces the bus stop, it created this sense of curiosity in me. It also got my philosophical gears turning.

Taking the bus home one night I noticed the letter "B" on the sign has a translucent mirror image of the Home Depot logo shining through.

I know it sounds bizarre, but look at the photograph that accompanies the story, you'll see.

It isn't noticeable at all during the day. That part of the sign just looks darker.

After noticing this nearly hidden logo I started to wonder what it meant. Could it be a subliminal message?

Maybe the sign is secretly telling people to shop at Home Depot as well.

Or could it maybe be a sign (no pun intended) that the Bay is going to buy Home Depot or maybe the other way around?

Or maybe it's just a sign (pun intended) of hard times hitting the store?

In this world of uncertainty, could this reporter be searching for hidden truths that don't exist? Maybe, but one phone call can provide all the answers in the world.

Truth is usually stranger than fiction. The Bay didn't know the Home Depot logo was visible.

Charlie Rivard, a manager at the store, said someone with a rock had vandalized the sign and the store did a makeshift job of replacing the broken piece. He said the store didn't know the other logo was visible at night because the sign was replaced during the day.

"Someone must have made a mistake," Rivard said. "I find that amusing."

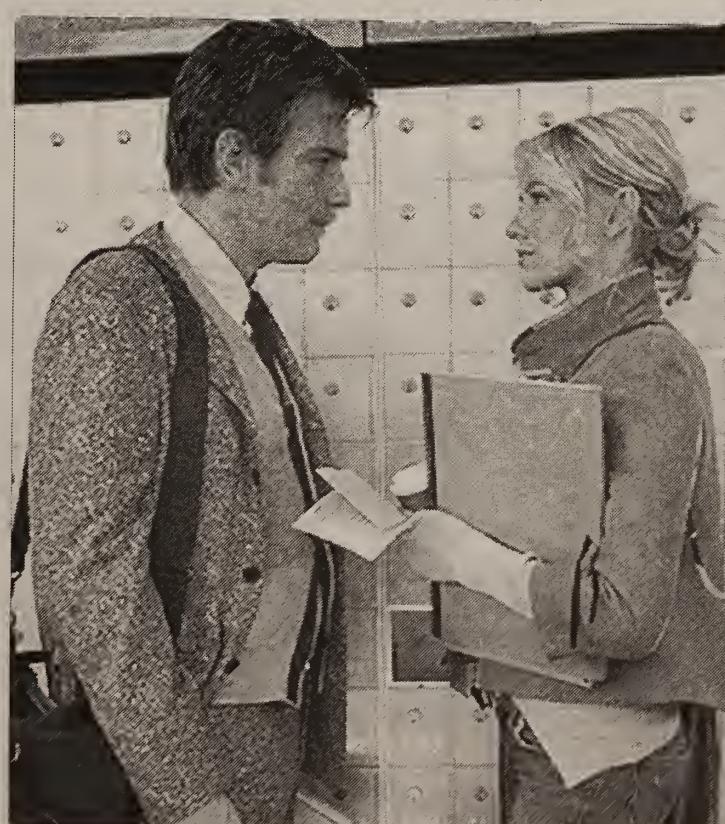
He said the store would definitely fix it.

It sounds like I was looking for a mystery where there was none.

As you can see, my search for truth and understanding in this confusing world continues. Does anyone have a Caramilk bar?

FUN FACT

About 90 per cent of women who walk into a department store turn immediately to the right.



(Internet photo)

Ewan McGregor and Naomi Watts star in *Stay*, director Mark Forester's mind-bending psycho drama.

Head-to-head: Who will cower?

Hockey experts say the Toronto Maple Leafs have not had a Stanley Cup calibre team since 1967.

I disagree since the Leafs have had some good playoff runs, and usually bring their A game, especially against Ottawa.

Year after year the Buds beat the Senators every time they face each other in the playoffs. That's what counts, as long as the Ontario rivalry is in favour of the blue and white every year when it counts, the Senators can beat the Leaf's during the regular season all they want.

The Leafs have shocked the nation's capital in all four years (2000, 2001, 2002 and 2004) they have faced each other during the playoffs, including the Leafs sweep of the Sens in 2001.

This season the Leafs' record stands at 5-2-2 for 12 points (as of Oct. 25) and they have been without their captain Mats Sundin since the Buds faced the Sens on opening night Oct. 5 at the Air Canada Centre in Toronto. The Sens won the game 3-2, in the National Hockey League's (NHL) first shootout, with the game-winning goal coming from superstar Dany Heatley. Heatley also scored the game-winning shootout goal against the Leafs in Ottawa Oct. 10.

The Sens have beat the Leafs twice already this year, but both of the games have been close. The Senators (6-0-0) remain one of only two undefeated teams in the NHL, along with the Nashville Predators (7-0-0). The Sens had a game against the Florida Panthers postponed due to Hurricane Wilma, which will be made up Dec. 5.

Both the Sens and the Leafs boast remarkable lineups, which include two world-class goaltenders. The Leafs' Ed Belfour's 438-career goaltending wins stands only 10 victories from surpassing Terry Sawchuk's 447 victories for second on the all-time list. Ottawa signed goaltender Dominik Hasek before the 2004-05 locked out season and has recorded a 5-0-0 record so far this season.

The Leafs and the Sens both have Swedish captains (Sundin and Daniel Alfredsson) on their respective squads who have jacked up points year after year. Each team has steady defencemen with Wade Redden, Chris Phillips and Zdeno



Jon Yaneff

Opinion

Chara on Ottawa and Bryan McCabe, Tomas Kaberle and Ken Klee on Toronto. The Buds boast a better offensive defence with McCabe (53 points) and Kaberle (31 points) both having impressive 2003-04 campaigns. McCabe ranks second in the NHL with 13 points behind Jaromir Jagr, who has 15 points as of Oct. 23. Ottawa's top scorer is forward Jason Spezza with 11 points.

Toronto made several more transactions in the off-season than Ottawa. The Leafs signed injury-prone centres Jason Allison (nine points this season) and Eric Lindros (nine points), who have been healthy and outstanding so far this season, and crafty forward Jeff O'Neil (seven points). They also signed Alexander Khavakov to take a spot on their blue line. The Senators really only made one move, though a fairly significant one. They traded fan favourite Marian Hossa to the Atlanta Thrashers for Heatley. This move has and will continue to pay off for the Sens big time as Heatley has three goals and nine points in his first six games of the season.

It's anyone's guess what the line-up situations will be for the Leafs and the Sens come playoff time when it really counts, because there could be injuries or trades that could change the makeup of the teams the way they appear right now.

If playoffs in the past are any indication of who will be better than who, then the Sens will have a reality check coming to them soon. They will have to get back down to earth before playoff time so they're not too overconfident if the Leafs and the Sens face off in a playoff series for the fifth time in six playoff opportunities.

Sens fans should realize that what's meant to be will continue to be and their Stanley Cup hopes will not turn into dreams come true. The Leafs will be hoisting the coveted grail over their heads come June.

So it looks like I'm not in Kansas anymore: a lone Ottawa Senators fan living in an area where I'm surrounded by Toronto Maple Leafs fans.

Still, you can't help looking at the Sens, Leafs fan or not, and think that this team has what it takes to finally bring Lord Stanley back to Canada.

Since Ottawa lost in Game 7 in the first round of the 2004 playoffs, they have made some big changes. They finally got rid of unreliable goaltender Patrick Lalime, who was never a match for Ed Belfour in the playoffs.

He was replaced by a very experienced Dominik Hasek, a six-time Vezina trophy winner for the league's best goaltender, and has won a Stanley Cup with Detroit.

There's been a lot of talk about whether he can still play at 40 years old and only having played 14 games in the past three years. So far the "Dominator" is having an amazing start to the season. He might be the goaltender that the Sens need to match Belfour in the postseason.

Another major transaction that was made was the trade of Marian Hossa and Greg De Vries for Danny Heatley. Don't get me wrong, Hossa is a great player and has done many things for the organization. But Heatley will bring something that Hossa lacked, heart when it counts.

He will be a great asset for the team down the road. Heatley is already proving his worth right now, being one of the top-point getters on the team and leading in plus minus.

Also, he will be a key player with the new shootout rule. Toronto has already felt his sting twice on shootouts.

Another big change for the organization was the firing of longtime coach Jacques Martin and the hiring of new coach Bryan Murray.

Martin had been with the team for many years, and had a big role in turning the team into what it is today. But after another loss to the hated Maple Leafs, it was time for a change.

So far, Murray is doing wonders for the Sens. If you don't believe me, check out the line of Daniel Alfredsson, Jason Spezza and



Adam Black

Opinion

Heatley. They're already showing teams that they are potentially the most dangerous line in the NHL. Also, putting tough guy Chris Neal on the power play was a really smart move by Murray.

Neil plants himself in front of the goaltender for the screen and it's working great, and because of it he's one of the leading point getters for the team so far this season.

All these changes, not to mention all the new rules in the NHL, all benefit the Senators. They have amazing speed, and with no red line, you bet you're going to see some amazing breaks in their favour.

Look at Martin Havlat and Peter Schaeffer on the penalty kill. The moment a team coughs up a loose puck they're all over it and create huge breaks for their team. It's very exciting to watch.

Now don't get me wrong, the Leafs picked up a couple of good players in the off season. Jeff O'Neill and Eric Lindros are playing great for them, not to mention Bryan McCabe who has been very solid on defence. When Mats Sundin returns they'll have some more fire power upfront.

But when it comes down to it, this year I think Ottawa has the team to finally break the Maple Leaf curse.

We've got some big, tough guys like Zdeno Chara (at 6-foot-9, 261 pounds, he's a very big boy), Chris Phillips, Chris Neil and Brian McGrattan. Don't think these guys will be pushed around.

With added toughness, new rules that work great with the Sens' speed, quality goaltending and four dangerous goal-scoring lines, Ottawa is for sure the team to watch in the Eastern conference this year.

Sure Leafs fans, keep up your "Sens always choke to the Leafs in the playoffs" all you want. Just watch the playoffs this year, and we'll see who gets the last laugh. GO SENS GO!

RECOGNIZE THE SIGNS OF STROKE WHEN YOU SEE THEM.

VISION PROBLEMS

Sudden loss of vision, particularly in one eye or double vision

HEADACHES

Sudden, severe and unusual headaches

WEAKNESS

Sudden weakness, numbness and/or tingling in the face, arm or leg

TROUBLE SPEAKING

Temporary loss of speech or trouble understanding speech

DIZZINESS

Unsteadiness or sudden falls, especially with any of the above signs



HEART AND STROKE FOUNDATION

Seek immediate medical attention if you have any of these symptoms.

Conestoga College Recreation Centre

Activate Your Life!

Intramurals have started, check schedule for game times

Intramural Sports

Start this week

Ice Hockey: Tuesday, Wednesday & Thursday 4:30 - 6pm
Fee: \$200 cash team bond

Ball Hockey: Monday & Thursday 4:30 - 6pm
Fee: \$30 cash team bond

Co-ed Volleyball: Wednesday 7 - 10pm
Fee: \$30 cash team bond

Basketball: Tuesday 4:30 - 6pm
Fee: \$30 cash team bond

Varsity Sports

Thank you to all Condors who supported and participated on varsity teams this year, as well as all coaches and trainers.

Reminder: To gain access to any of the facilities at the Rec Centre you must present your student card at the front desk.

748-3565 ext. 3565
Activities posted daily
Recreation Centre Hours
Monday - Friday
7:00 am - 11:00 pm
Saturday & Sunday
7:00 am - 8:00 pm

Activate Your Life!

visit the Rec Centre for schedules

Men's soccer team misses playoffs

By JON YANEFF

As the saying goes, close only counts in horseshoes and hand grenades.

Conestoga's men's soccer team wasn't playing on a horseshoe field, but they were fighting a war all season, which led them through a complicated scenario going into the final week of the season.

The team's battle came to a screeching halt even though they won their final game of the season, 4-3, in a tight affair against Fanshawe College during a cold, windy autumn afternoon at the Doon campus Oct. 18.

Now this is where the complications set in. Conestoga finished the season tied with the St. Clair Saints with identical 4-4 records and 12 points, but they lost their head-to-head matchup against the Saints, 2-0, on Sept. 25. This means the Saints nabbed the final playoff spot by finishing the season ahead of the Condors in fourth place in the Ontario College Athletic Association's West division. The Saints lost their quarter-final matchup 2-1 against the Seneca Sting Oct. 21. The Condors would have made the playoffs if the Redeemer Royals won their final

regular season game because the Royals beat the Saints head-to-head, 1-0, on Oct. 15. Instead, Redeemer tied Sheridan College, 1-1, in Ancaster Oct. 18. If Redeemer won they would have been tied with Conestoga and St. Clair, which meant the Condors would have captured the final spot because each team beat each other during the regular season. Redeemer finished with a 3-4-1 record. Fanshawe had a slim chance at the playoffs if they beat the Condors and St. Clair and Redeemer both lost their matches. Fanshawe finished with a 2-5-1 record.

Seventh-year Fanshawe coach Paul D'Hollander said he thought Conestoga played OK, but his team's own mistakes hurt their chances of winning the game.

"We put two balls in our own net and I think their counterattack carried the play," said D'Hollander. "We really shot ourselves in the foot by not playing well defensively and our goaltending let us down and, in essence, I think we gave the two points (in the standings) away to Conestoga."

Conestoga coach Geoff Johnstone said he's glad his team was in the thick of things, but thought his team should have

already been established in the playoffs before the final week of the season.

"Partly why we're not in the playoffs is because of circumstantial reasons, such as the fixture list and scheduling," said Johnstone. "It's very frustrating because I know this is a good young team, but I think there's only four or five who graduate this year, so hopefully next year we'll be ready to contend."

Veteran defender Barry Rooke said the team has lacked on the field in the games they've needed to win.

"I'm not happy with how we've played in must-win situations because we've lost a few close ones we should have won," said Rooke. "We've needed key players and veterans to step it up by netting a few behind the net or grounding a few bodies on the ground and sometimes we didn't get that leadership."

Conestoga lost against St. Clair, 2-0, when they were under manned with only 11 players on Sept. 25. They also had their first game of the season rained out against the Sheridan Bruins and it was made up on the Friday before Thanksgiving (Oct. 7), when some of the Condors' key players had already

left for home for their holiday feast.

As for the game against Fanshawe College, the wind played a huge factor on goals that were tipped in by Fanshawe players that would have normally flown wide on a clear day.

Conestoga mid-fielder Andy Ferreira scored the game-winning goal in the second half on a great shot to beat the Fanshawe goalkeeper Lee Paterson. Ferreira then proceeded to do pushups on the field to celebrate his fifth goal of the season.

"When you score, it's fast so you don't even know what's happening," said Ferreira. "You do whatever you feel like doing and let your adrenaline take over."

Johnstone said out of the seven goals in the game, he thought there was only one real one because of the windy conditions.

"Ferreira's goal was one where somebody deliberately put the ball in the net and all the rest of the goals were travesties," said Johnstone. "The wind played a factor in the whole game because the ball would get knocked down in the walls in the air. Instead of playing pretty soccer, where we would make crisp passes, we had to play a kick and rush style of play, where

we'd kick the ball as hard as we could and follow it down the field."

In the first half Condors' forward Rich Parsons scored his eighth goal of the year on a throw-in that was tipped in by a Fanshawe player in front of the net. Mid-fielder Justin Barbuto had his free kick taken by the wind and off a Fanshawe player for his third goal of the season.

In the first minute of the second half Rooke scored his second goal of the season on a nice kick that the wind took.

Fanshawe's goals came from Brett Lawson, Adam Magier and Shawn Mendes.

Goalkeeper Steve Braga played an outstanding game and made a game-saving save near the end of the game. The team has scored 23 goals, while allowing 16 goals on the season.

"Braga is a fabulous shot stopper," said Johnstone. "The one save near the end of the game was miraculous and he's done it all season. There's different types of goaltenders in soccer and he's a shot stopper who has incredible reflexes and he moves around his goal really well."

The men's soccer team has an indoor schedule to look forward to during the winter semester.

Hamilton Ticats optimistic about team's future

By JON YANEFF

Tigers are supposed to be ferocious felines, attacking their prey while taking no prisoners.

The 2005 Hamilton Tiger-Cats haven't lived up to their team name. They have had many roster changes resulting in an uninspiring 4-12 record, and will be sitting in the stands during the CFL playoffs.

Many key players on this season's Ticat roster will try to turn things around next year. These athletes are not only playing out this season's schedule, but are competing for jobs next year.

Second-year head coach Greg Marshall said some of the team's younger players are going to get an opportunity to show off their ability during the last couple of games. Marshall won the 2004 CFL Coach of the Year in his rookie season, beating out Mike Clemons (Toronto Argos) and Wally Buono (B.C. Lions), who guided their respective teams to the Grey Cup.

Quarterback Kevin Eakin, 24, showed what he could do against the Ottawa Renegades in the team's 40-32 win at Ivor Wynne Stadium in Hamilton Oct. 21, after throwing three touchdowns for 407 passing yards. The Cats played the Toronto Argonauts in Toronto Oct. 27 and will play the Montreal Alouettes in Hamilton Nov. 4, which will be their last game of the season.

"I'm excited for the chance to play in game situations," said Eakin. "I've been able to watch one of the best quarterbacks in the league (Danny McManus) so I'm just going to go out there and try to have fun and see what can happen here in Hamilton."

Eakin was one of the New York Jets' final pre-season cuts and joined Hamilton as a free agent Sept. 20. He has been the fourth quarterback to start a game for the

Ticats this season.

"I just hope I get enough reps in the final weeks of the season so I can prepare myself to the best of my ability," said Eakin. "Everybody looks at the quarterback as the number 1 position, so I'm going to try to take advantage of this opportunity and I hope things work out for me."

Fourth string quarterback Jon Beutjer, 25, said he has no idea when his CFL debut would be, but is just excited at the opportunity of playing professional football.

"I'm not going to try to guess when my debut will happen this year or next year so all I can do is be ready and put my faith in God and keep on playing," said Beutjer.

"As quarterbacks we go out on the field everyday and just try to improve and learn. If we get an opportunity that would be great, because game reps are so much different than practice reps and the more reps you get in games the more comfortable and confident you become."

Running back Jesse Lumsden was drafted both by the NFL's Seattle Seahawks and the Ticats. After being cut by the Seahawks in the pre-season he signed on with Hamilton and has 187 rushing yards and 107 receiving yards for two touchdowns in his four games this season.

"It was a great experience with the Seahawks," said Lumsden, 23. "I learned a lot of the business aspects of the game from their running back Shaun Alexander."

Running back Troy Davis, Hamilton's former feature back and the team's all-time leading rusher with 4,504 yards, was traded to the Edmonton Eskimos earlier this season, which made room for the promising Lumsden.

"I didn't think I'd be put in this situation. I got to know Davis really well in the short time we were

both part of the team and he's a great guy who taught me a lot of things about the game," said Lumsden, the former McMaster Marauder running back. "The whole locker room was sad to see him go, but it's part of the business so I wish him the best."

Last season the Tiger-Cats finished the season with a 9-8-1 record and made the playoffs.

"We made the playoffs last year and you think maybe if we keep the same group of guys together then maybe we'll do better," said Marshall. "The reality was we got every bit out of the players last year to win those football games."

Slot-back Mike Morreale, 34, said there was a lot of promise going into this season and the expectations haven't come to fruition.

"It's been a very difficult year and the locker room has definitely transformed itself from the beginning of the season," said Morreale. "At the beginning of the year your hope is to accomplish two things, one, to go to the Grey Cup and two, to make it there with the same 50 or 60 guys you started the year with and this year is a lot different than we would have wanted our season to turn out."

Coach Marshall said next season the team has to come into the year with a lot of motivation to rebound after the disappointing season this year.

"The emotion you have has to be able to carry itself through an entire season and that means the players have to be committed in putting extra time to prepare in the off-season," said Marshall. "It is important for everybody to prepare themselves physically and mentally."

He said there are reasons why teams aren't always successful year after year.

"There's always lots of different reasons in certain areas of the football team and sometimes the difference between winning and losing is very small and it comes down to key plays in a game. You have to be good to be lucky so we may have



(Photo by Jon Yaneff)

Stretching Condor

Veteran Alex Brubacher stretches for the ball during a line-out. Conestoga's men's rugby team beat the Humber Hawks 18-11 at Jacob Hespeler High School in Cambridge Oct. 22. The Condors head into the OCAA championship ranked third.

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There will be 10 movie quotes associated with 10 movies in all genres. You must correctly name all 10 movies. Quotes will be available on the ballot sheets.

Contest is open to all faculty, staff, administration, and students of Conestoga College

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